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MICROWAVE

Super suppers in 30 minutes



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About These Recipes

Super Suppers in 30 Minutes

CONTENTS

About these Recipes.....	2
Tips 'N Techniques for Successful Microwaving.....	5
Easy Entrees	7
All-In-One Quickies	40
Savory Veggie Side Dishes.....	54
Basic Recipes & Cooking Tips	62

By BEVERLY HUTTON

About These Recipes

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These speedy Super Supper recipes are designed to help you put tasty, eye-appealing meals on the table with a minimum amount of muss and fuss.

Every effort has been made to present cooking and preparation times accurately. However, do remember that microwave ovens vary, as does the speed of which different people work. Allowance for the standing times called for in these recipes have been made in the designated preparation times.

Most recipes in this book were tested in 600-to-700-watt countertop ovens, and cooking times may require minor adjustments for larger, more powerful, or smaller ovens with less wattage.

The Power Level Reference Chart listed at the end of this chapter will help you to identify the names and power-level cooking settings on your oven with those called for in recipes throughout this book.

Most foods must be covered for all or part of the cooking time. Although we have designated plastic wrap as the method of covering, if cooking dish has its own cover, do use it.

Now, you can take advantage of a variety of microproof dishes and utensils that speed up the cooking process. Here's a couple well worth investing in: a turntable, as most foods require rotation during cooking; a bacon/meat rack; a covered browning skillet, and a couple of microproof measuring cups. Supermarkets carry a wide selection of microsafe dishes. Check them out the next time you shop.

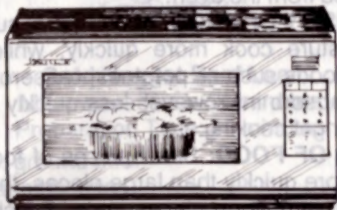
For the recipes in this book, you will need the following: 1-1½-and 2-quart casseroles, or baking dishes—both round and square, small and medium-size bowls, glass pie plate, and large and small measuring cups. **Make certain any dish you intend to cook with is microsafe.** See Tips 'N Techniques for testing method.

Standard abbreviations used in some recipes are:

lb.	pound	T.	tablespoon
c.	cup	sm	small
t.	teaspoon	med.	medium
oz.	ounce	pkg.	package

Power Levels used in the recipes	Equivalent Settings on various Selector Controls	Power Level Settings on Touch Controls
HIGH (100%)	NORMAL	*
MEDIUM-HIGH (70%)	MEDIUM-HIGH REHEAT ROAST	7
MEDIUM (50%)	MEDIUM BAKE HIGH DEFROST DEFROST	5
LOW (30%)	SIMMER STEW LOW DEFROST	3
WARM (10%)	LOW KEEP WARM	1
* 100% power is automatic.		

Tips 'N Techniques for Successful Microwaving



COVERING is an effective way to hold in moisture and heat as foods cook. Covering also equalizes cooking, helps to get rid of hot or cold spots in foods and shortens cooking time. One important technique to remember when you use plastic wrap as a cover is venting. It is important to allow a small bit of steam buildup to escape during the cooking process. To vent, fold back a small edge of the wrap. After cooking, remove the plastic wrap by lifting the far corner, allowing the steam to escape away from you. Do not slit or puncture the wrap.

BROWNING does not usually occur during microwaving, however commercial brown bouquet sauces are available, or combinations of butter or margarine, paprika, soy or Worcestershire sauce may be brushed on meats and poultry for color. Special microwave browning

skillets are also available.

STANDING TIME allows microwaved foods to finish cooking by internal heat after they are removed from the oven.

DENSITY OF FOOD: Food high in sugar, fat or moisture cook more quickly, while more dense foods such as potatoes, casseroles and roasts absorb microwaves less quickly and require longer cooking.

SIZE OF FOOD: Small pieces of foods will cook more quickly than large pieces, therefore food cut in uniform pieces under 2 inches will give you the best result. If pieces are not uniform, such as some meats and poultry pieces, always place thicker parts to outside edge of cooking dish where they will receive more microwave energy. Larger pieces will usually require turning during cooking time.

TESTING DISHES for safety: Metal dishes **MUST** be avoided in your microwave oven, as they can damage it. Not all non-metal dishes are microproof; microwaves may melt them. If you are uncertain about any dish, test it by placing it in the oven along with a glass measuring cup half full of water. Heat on High for one minute. If it is just warm, you may use it for reheating (short lengths of time) but not for cooking. If dish is room temperature, it's safe to use for microwave cooking.

Easy Entrees



Gold Nugget Beef Loaf

Microwave Time: 14 minutes

Preparation Time: 15 minutes

- 1-½ lbs. ground beef
- ½ cup applesauce
- 1¼ t. salt
- ¼ t. nutmeg
- 1 cup coarse soft bread crumbs
- 1 small onion, finely chopped
- 1 egg
- 4 ozs. Cheddar cheese
- ⅛ t. pepper

Combine applesauce, salt, nutmeg and pepper. Add ground beef, bread crumbs, onion and egg, mixing lightly but thoroughly. Cut cheese into ½-inch cubes (approx. 20) and fold into meat mixture.

Place in 9-inch round baking dish, pressing lightly to flatten top. Form a hole about 1 inch in diameter in center of loaf. Cover with plastic wrap; cook on High 8 minutes. Rotate dish ½ turn and continue cooking on high 6½ minutes. Let stand 10 minutes before serving. Cut into wedges. **Serves 6.**

Beef & Peppers

Microwave Time: 10-11 minutes

Preparation Time: 15-18 minutes

1 lb. sirloin or top round steak, cut into thin strips

2 T. cooking oil

1 medium onion, finely chopped

1 clove garlic, minced

1 t. salt

$\frac{1}{8}$ t. pepper

1 1-lb. can tomatoes, cut into chunks

2 large green peppers, cut into strips

2 T. soy sauce

Chow mein noodles

Put oil in a 2-quart glass baking dish and add beef strips. Stir to coat meat with oil; add onion, garlic, salt and pepper. Cover with plastic wrap and cook on High 5 minutes; stir after 3 minutes. Add tomatoes and cook, covered, on High 4 minutes, stirring after two minutes. Add green pepper strips and soy sauce and stir to combine. Re-cover and cook on High for 4 to 5 minutes, or until green pepper is tender-crisp. Serve over chow mein noodles. **Serves 4.**

Beef Taco Delights

Microwave Time: 15-16 minutes

Preparation Time: 10-12 minutes

1 lb. ground beef

1 8-oz. can tomato sauce
½ cup chopped onions
¼ t. chili powder
¼ t. salt
¼ t. garlic salt
1 medium avocado, diced
10 to 12 prepared taco shells
½ cup grated Cheddar cheese
1 small head lettuce, shredded
1 large tomato, chopped

In a 1-quart casserole, crumble beef and sprinkle onion over top. Cook uncovered on High 4 minutes. Stir to break up meat, then add tomato sauce, chili powder, salt and garlic salt. Cover with paper towel and cook on High 5 minutes, or until sauce is thickened; stirring halfway through cooking time. Re-cover and cook on Medium-High (70%) 6 to 7 minutes. Spoon filling into taco shells and serve with side dishes of cheese lettuce, tomato and avocado to sprinkle over hot filling. **Makes 10 to 12 servings.**

Beef & Limas Casserole

Microwave Time: 14-15 minutes

Preparation Time: 10-12 minutes

1 lb. lean ground beef
1 clove garlic, crushed
1 medium onion, chopped

1 small green pepper, chopped
½ t. dry mustard
2 t. Worcestershire sauce
½ t. salt
2 1-lb. cans lima beans
1 8-oz. can tomato sauce
¼ t. chili powder

In a 2-quart casserole dish, combine beef, garlic, onion, and green pepper. Cook, uncovered, on High 5 minutes; stir with fork to break up meat. Add remaining ingredients and toss lightly to combine. Cover with plastic wrap and cook on High 6 minutes, stirring halfway through cooking time. Let stand, covered, 3 to 4 minutes before serving. **Makes 4 to 6 servings.**

Alpine Burgers

Preparation Time: 15-20 minutes

Microwave Time: 7 minutes

1½ lbs. ground beef
½ t. rubbed sage
¼ t. thyme leaves
2 slices (4x4 inches) Swiss cheese
1 2½ oz. jar sliced drained mushrooms
1 t. Burger Seasoning Mix*

Sprinkle sage and thyme over ground beef; mix lightly but thoroughly. Divide meat into 8

equal portions and form into patties 4 inches in diameter. Cut each slice of cheese into quarters. Place 1 piece cheese on each of 4 patties. Place 1 rounded tablespoon mushrooms on each piece of cheese and top with remaining pieces of cheese. Cover with remaining patties. Press edges together securely to seal.

Place patties in 8-inch square baking dish. Cover with plastic wrap and cook on High 4 minutes. Invert patties and rotate each, placing outer edges toward center of dish. Sprinkle $\frac{1}{4}$ teaspoon Burger Seasoning Mix* (see below) over each patty. Lightly brush surface of patties to distribute mix. Rotate dish $\frac{1}{2}$ turn. Continue cooking, covered, on High approximately 3 minutes. Let stand 3 minutes. **Serves 4.**

Burger Seasoning Mix

2 T. salt
2 t. flour
1 t. paprika
 $\frac{1}{4}$ t. pepper

Thoroughly combine salt, flour, paprika and pepper in a salt shaker. **Yield:** seasoning for 36 to 45 beef patties.

Liver Italiano

Microwave Time: 11 minutes

Preparation Time: 10-15 minutes

1 lb. beef liver, sliced

1/2 to 3/4-inch thick
1 medium onion, sliced
1 T. butter or margarine
1 medium green pepper, cut into thin strips
1/8 t. pepper
1 10-oz. can tomatoes
1 T. flour
1 clove garlic, minced
1/2 t. basil leaves
1/8 t. thyme leaves
3/4 t. salt

Place onion and butter in 11 3/4 x 7 1/2-inch baking dish; cover with plastic wrap and cook on High 2 minutes. Add liver; re-cover and cook on High 3 minutes. Invert liver; place outer slices in center of dish. Add green pepper and continue cooking on High, covered, 3 minutes.

Remove liver to warm platter; cover. Break up tomatoes and drain, reserving liquid. Blend flour with liquid; add to onion and green pepper. Add tomatoes, garlic, basil and thyme. Cover with plastic wrap and cook on High 3 minutes, stirring every minute. Pour sauce over liver.

Serves 4.

Curried Meatballs

Microwave Time: 11 minutes

Preparation Time: 15-20 minutes

1 lb. ground beef

1 medium onion, halved lengthwise & sliced
1 T. cornstarch
1 t. salt
 $\frac{1}{8}$ t. ginger
1 8-oz. can pineapple chunks (in juice)
1 to 2 t. curry powder

Pinch off $1\frac{1}{2}$ -inch pieces of ground beef to make approximately 16 freeform meatballs. Place around sides of $11\frac{3}{4}$ "x $7\frac{1}{2}$ -inch baking dish. Place onion in center of dish. Cover with plastic wrap and cook on High 2 minutes. Rotate dish $\frac{1}{4}$ turn and continue cooking on High 1 minute. Pour off drippings.

Combine cornstarch, curry, salt and ginger; sprinkle over meat and stir. Drain pineapple juice into a 1-cup glass measure; add enough water to equal $\frac{3}{4}$ cup. Stir liquid and pineapple chunks into meat mixture; continue cooking on High, covered, 7 minutes, stirring every 2 minutes. **Serves 4.**

Sirloin Steak with Sauce

Microwave Time: 13-15 minutes

Preparation Time: 10-15 minutes

1 T. butter or margarine

Sour Cream Sauce (below)

$1\frac{1}{2}$ lb. boneless sirloin steak, 1-inch thick

Preheat microsafe skillet for $6\frac{1}{2}$ minutes on High. Place butter on preheated skillet to melt.

Spread evenly across surface. Place steak on skillet and cook on High 4 minutes; turn steak over. Cook until medium-rare doneness, 3 or 4 minutes longer. Serve with sour cream sauce.

Serves 4 or 5.

Sour Cream Sauce

2 t. cornstarch

2 T. cold water

½ cup dairy sour cream

¼ t. salt

⅛ t. dill weed

Mix cornstarch and water in small bowl. Stir in remaining ingredients. Cook uncovered on Medium-High (70%) for 1 to 2 minutes, until warm and thickened, stirring every 30 seconds.

Chicken Teriyaki

Microwave Time: 5-7½ minutes

Preparation Time: 21 minutes

1 lb. boneless, skinless chicken breasts, cut into 1x1-½-inch chunks

⅓ cup teriyaki sauce

¼ cup chicken broth

2 T. cornstarch

1 large can Oriental vegetables, drained

Place chicken chunks in 1-quart glass casserole. Stir in teriyaki sauce. Cover with plastic wrap. Refrigerate 15 minutes to marinate.

Drain marinade; reserve. Cover with vented plastic reserved marinade, broth and cornstarch; stir into chicken. Add vegetables and cook covered on High 2 to 2½ minutes, or until broth is thickened and vegetables are heated through; stir once. Let stand covered 2 minutes. **Serves 4.**

Chicken Balkan

Microwave Time: 17-19 minutes

Preparation Time: 8-10 minutes

¼ cup butter or margarine

2 chicken breasts (about 1½ lbs.)

1 small onion, sliced

¼ cup tomato juice

½ t. paprika

¼ t. salt

⅛ t. pepper

¼ cup dry sherry

Place butter in 8-inch square baking dish and cook, covered on High 30 to 45 seconds, or until butter melts. Place chicken in dish and turn to coat with butter. Arrange so thickest parts are toward outside of dish. Sprinkle onion over breasts and cook, uncovered, on High 5 minutes. Combine remaining ingredients with ¼ cup water and pour over chicken. Cover with plastic wrap and cook on High 4 minutes; rotate dish ½ turn. Continue cooking on High 8 to 10 minutes or until chicken is fork tender. **Serves 2.**



Pineapple Chicken

Microwave Time: 7 minutes

Preparation Time: 13-18 minutes

- 4 t. cornstarch
- $\frac{1}{2}$ t. ground ginger
- 1 8-oz. can pineapple chunks, drained (reserve 1 T. juice)
- 1 T. soy sauce
- 1 6-oz. package frozen pea pods, defrosted
- 1 11-oz. can mandarin orange segments, drained
- $\frac{1}{4}$ cup apricot preserves
- Chow mein noddles, optional
- 2 boneless, skinless chicken breasts, split and cut crosswise into $\frac{3}{4}$ -inch strips (about $\frac{3}{4}$ lb.)

Blend cornstarch, ginger, reserved pineapple juice and soy sauce in 2-quart glass casserole. Stir in preserves. Add chicken strips and stir to coat. Cover with vented plastic wrap. Cook on High 4 minutes. Stir in pineapple chunks and pea pods. Cook covered on High 2 to 3 minutes, or until chicken is tender; stir once. Gently fold in mandarin orange segments. Let stand covered 2 minutes. Garnish with chow mein noodles. **Serves 4.**

Stuffed Chicken Breasts With Hollandaise Sauce

Microwave Time (Chicken: 8-10 minutes)

Preparation Time: 15-20 minutes

2 boneless, skinless chicken breasts, split (about $\frac{3}{4}$ lb.)

1 T. Dijon-style mustard

1 t. minced shallot or onion

$\frac{1}{4}$ cup buttery cracker crumbs

$\frac{1}{3}$ cup butter or margarine

2 T. lemon juice

2 egg yolks

$\frac{1}{8}$ t. salt

$\frac{1}{4}$ cup slivered almonds

1 10-oz pkg. frozen asparagus spears, defrosted

Cover chicken breasts with plastic wrap and pound lightly with meat mallet. Combine mus-

tard and shallots; spread evenly on inside of each chicken breast. Place one-fourth of asparagus spears on each mustard-coated side of chicken breast and roll up. Coat roll-ups with crumbs. Place, seam side down, in 8-inch square glass baking dish. Cover with vented plastic wrap. Cook on High 6 to 7 minutes, or until chicken is tender. Let stand covered 3 minutes. **Serves 4.**

Hollandaise sauce: Place butter in 2-cup glass measuring cup and cook on High 45 to 60 seconds, or until melted. Whisk in lemon juice, egg yolks and salt. Cook on Medium-High (70%) 45 to 60 seconds, or until thickened; whisk every 15 seconds. Pour sauce immediately over chicken. Sprinkle with almonds.

Easy Deviled Chicken

Microwave Time: 11-13 minutes

Preparation Time: 8-10 minutes

1/4 cup butter or margarine

1/2 t. salt

1/4 cup prepared mustard

1 t. curry powder

1/2 cup honey

2 large whole chicken breasts, skinned & halved

Place butter in 8-inch square glass baking dish and cook on High 1 minute. Stir in honey,

mustard, curry powder, and salt. Place chicken in dish, meaty side down and thickest pieces toward edges of dish. Cover with plastic wrap; cook on High 10 to 12 minutes. Rotate dish $\frac{1}{2}$ turn and turn chicken over after 5 minutes.

Serves 4.

Wine Poached Chicken

Microwave Time: 7- $\frac{1}{2}$ -10 minutes

Preparation Time: 15-20 minutes

2 whole broiler-fryer breasts, halved, boned & skinned

$\frac{1}{2}$ cup dry white wine

1 T. finely minced parsley

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ t. pepper

2 T. butter

In shallow casserole, mix together wine, butter, parsley, salt and pepper. Cook on High $1\frac{1}{2}$ to 2 minutes or until heated. Place chicken in casserole, thick parts toward outside, and spoon wine mixture over chicken. Cover with plastic wrap; cook on High 6 to 8 minutes. Remove from oven and let stand, covered, 5 minutes before testing for doneness (fork should pierce meat easily). **Serves 4.**

Drumsticks Italian Style

Microwave Time: 12 to 18 minutes

Preparation Time: 8-12 minutes

8 broiler-fryer chicken drumsticks
1 15-oz. can tomato sauce with mushrooms
1 clove garlic, crushed
 $\frac{1}{2}$ t. basil leaves
 $\frac{1}{2}$ t. oregano
1 T. finely chopped onion
1 4-oz. can mushroom slices, drained
 $\frac{1}{2}$ cup grated Parmesan cheese
8 slices (2x4-inches each) mozzarella cheese
1 T. finely minced parsley

In 12-inch round or 12x8-inch shallow casserole, arrange drumsticks, meaty part toward outside. In small bowl, make sauce by mixing together tomato sauce, garlic, basil, oregano, parsley, onion and mushrooms. Spoon sauce over chicken; cover with plastic wrap. Cook on High 6 to 7 minutes. Rotate dish $\frac{1}{2}$ turn; cook on High 6 to 7 minutes more.

Remove from oven and let stand, covered, 3 minutes before testing for doneness (fork should penetrate meat with ease). Sprinkle with Parmesan cheese; cover each drumstick with a mozzarella slice and cook, uncovered, on High 1 to 2 minutes or until cheese is melted. Cover with plastic wrap and let stand 3 minutes before serving. **Serves 4.**

Shanghaied Turkey

Microwave Time: 9-11 minutes

Preparation Time: 17 minutes

1 lb. boneless turkey breast meat (cutlets or tenderloins may also be used), uncooked
3 T. soy sauce
2 T. cornstarch
¼ cup cider vinegar
1 cup jellied cranberry sauce
1 sm. onion, thinly sliced
1 green bell pepper, cut into squares
⅛ t. cayenne pepper
1 15¼-oz. can pineapple chunks, drained reserve scant ½ cup of juice

Cut turkey meat into bite-sized chunks. Combine turkey and soy sauce in a 2-quart round casserole. Cook on High for 4 to 5 minutes, stirring midway through cooking. Place cornstarch in a small glass dish. Slowly stir in pineapple juice, stirring until smooth. Pour mixture into casserole with turkey. Add vinegar and cranberry sauce; stir. Add drained pineapple, onion, bell pepper and cayenne pepper; cover with plastic wrap. Cook on High 5 to 6 minutes or until sauce thickens, stirring midway through cooking. If desired, serve over hot rice (see rice cooking directions) **Serves 4.**

Turkey Cutlets Limone

Microwave Time 5½-6½ minutes

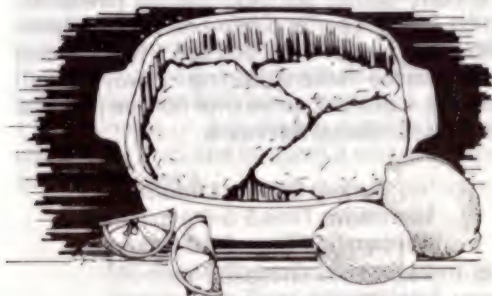
Preparation Time: 8-10 minutes

1 lb. turkey cutlets, uncooked
1 egg, lightly beaten in pie plate

½ cup seasoned dry bread crumbs
2 T. fresh lemon juice
½ cup hottest tap water
1 t. instant chicken bouillon granules
2 t. cornstarch

Dip both sides of cutlets into egg and coat with crumbs. Arrange in a circle on a bacon or meat rack or round microproof tray. Cover with plastic wrap and cook on Medium-High (70%) 4½ to 5½ minutes, rotating midway through cooking.

To make sauce, combine cornstarch with lemon juice in a small glass dish. Add water and bouillon granules. Cook on High 1 minute or until thickened. Serve over cutlets. **Makes 3 to 4 servings.**



Mustard Glazed Turkey Loaves

Microwave Time: 10 minutes

Preparation Time: 10-12 minutes

1 cup oat bran cereal, any variety

¼ cup chopped onion

1 egg white

½ t. garlic salt

¼ cup chopped water chestnuts

2 t. prepared mustard

1 T. horseradish

1 lb. ground turkey

⅛ t. pepper

Glaze

2 T. prepared mustard

¼ cup firmly-packed brown sugar

2 t. tarragon white wine vinegar

Combine oat bran cereal, onion, egg white, garlic salt, pepper, water chestnuts, mustard and horseradish. Mix in turkey. Shape into 4 individual loaves. Place in shallow glass baking dish. Cook on Medium-High (70%) 5 minutes. Rotate dish and continue cooking 3 minutes longer.

Glaze loaf with mixture of mustard, sugar and vinegar. Cook on Medium-High 2 minutes. Let stand 2 minutes before serving. **Serves 4.**

Pork Chops in Tomato Sauce

Microwave Time 8-10 minutes

Preparation Time: 9-13

6 thin pork chops ($\frac{1}{2}$ to $\frac{3}{4}$ -inch thick (about 2 lbs.)

1 cup prepared spaghetti sauce

1 T. olive oil

2 T. chopped parsley

$\frac{1}{8}$ t. thyme

$\frac{1}{4}$ t. salt

$\frac{1}{8}$ t. pepper

3 cloves garlic, minced

Place chops in 2-quart square casserole dish, bony sides to outside of dish. Combine spaghetti sauce, olive oil, garlic, and cook on High 8 minutes, rotating $\frac{1}{2}$ turn midway through cooking time. Remove and let stand, covered, 2 minutes before serving. **Serves 4 to 6.**

Pork Tenderlon Olé

Microwave Time: 14-16 minutes

Preparation Time: 12-14 minutes

1 lb. pork tenderloin

$\frac{1}{4}$ cup fine cornflake crumbs

1 t. paprika

$\frac{1}{2}$ t. onion powder

$\frac{1}{4}$ t. salt

1 t. chili powder

Cut pork tenderloin into 1-inch thick slices; then cut each slice in half again, but not all the way through to opposite edge. Open each slice to form $\frac{1}{2}$ -inch thick butterfly medallions; set aside.

In shallow dish, combine cornflake crumbs, paprika, chili powder, onion powder and salt. Coat each side of medallions with mixture, saving extra mixture. Place medallions in single layer in 8x12-inch glass dish. Cover with plastic wrap, venting one corner. Cook on Medium-Low (30%) 8 minutes, rotating dish each 2 minutes.

Turn medallions over and rearrange so least-cooked parts are to outside edges of dish. Sprinkle with remaining cornflake mixture. Re-cover and cook on Medium-Low 6 to 8 minutes. Let stand covered 3 to 5 minutes. **Serves 4.**

Spicy Pork Chops & Peaches

Microwave Time: 15-18 minutes

Preparation Time: 8-10 minutes

½ t. paprika

½ t. all-purpose flour

½ t. salt

¼ t. ground cinnamon

¼ t. ground allspice

1 lb. boneless pork loin chops, ½-inch thick

1 t. prepared mustard

1 1-lb. can sliced peaches, drained

⅛ t. ground cloves

In small dish, combine paprika, flour, salt, cinnamon, allspice and cloves; sprinkle on both

sides of pork chops and lightly rub in, saving about $\frac{1}{8}$ teaspoon. Place chops in microproof-rimmed serving platter or pie plate, with thickest parts to outside edges of dish. Cover with plastic wrap, venting one corner. Cook on Medium-Low (30%) 8 minutes.

Turn chops over, rearranging so least-done parts are to outside edges of dish; re-cover and cook on Medium-Low 6 to 8 minutes, rotating dish for even cooking. Sprinkle with remaining paprika mixture, re-cover and let stand 5 minutes.

Pour drippings into small glass dish; stir in mustard until smooth. Stir in peaches. Cook on High 1 to 2 minutes or until peaches are hot. Spoon peaches and sauce around pork chops.

Serves 4.

Pork Chops Italiano

Microwave Time: 8 minutes

Preparation Time: 8-10 minutes

1 T. grated Parmesan cheese

1 T. fine dry bread crumbs

$\frac{1}{4}$ t. paprika

$\frac{1}{8}$ t. Italian herb seasoning

Dash garlic powder or salt

$\frac{1}{2}$ lb. pork loin chops, $\frac{1}{2}$ -inch thick

Combine Parmesan cheese, crumbs, paprika, Italian herb seasoning and garlic powder in

shallow dish. Coat pork chops evenly with mixture, saving extra mixture. Place chops in square 2-quart casserole with thickest parts to outside edges of dish. Cover with plastic wrap, venting one corner. Cook on Medium-Low (30%) 4 minutes. Turn chops over, rearranging so least-done parts are to outside edges of casserole. Re-cover and cook on Medium-Low 3 to 4 minutes. Sprinkle evenly with any remaining crumb mixture; re-cover and let stand 3 to 5 minutes. **Serves 2.**

Szechuan Pork Tenderloin

Microwave Time: 5-7 minutes

Preparation Time: 22 minutes

- ½ lb. pork tenderloin, sliced ¼-inch thick
- 1½ T. soy sauce
- ½ t. steak sauce
- 1 clove garlic, minced
- 1 T. minced fresh onion
- ⅛ t. crushed red pepper
- 1 cup 1-inch cauliflower flowerettes
- ½ medium sweet red or green pepper, cut in 1-inch squares
- 2 T. coarsely chopped dry roast peanuts

Stir together pork tenderloin slices, soy sauce, steak sauce, garlic, onion and red pepper in 1-quart casserole. Marinate 10 minutes at room temperature. Cover tenderloin mixture

with plastic wrap and cook on Medium (50%) 4 to 5 minutes, stirring well after each 2 minutes.

Stir in cauliflower and pepper squares; cover with plastic wrap and cook on High 1 to 2 minutes, until vegetables are barely cooked (they should be tender-crisp). Top with peanuts.

Serves 2.

Baked Ham Steak

Microwave Time: 6-8 minutes

Preparation Time: 9 minutes

1 precooked ham steak (about 1 lb.)

½ t. prepared mustard

⅓ cup peach, pineapple or apricot preserves

Place ham steak in 1-quart casserole and cook on Medium-High (70%) 4 minutes. Pour off meat juices into small bowl. Mix juices with mustard and preserves. Spread over ham steak and continue cooking on Medium-High 2 to 4 minutes more. Let stand 2 to 3 minutes before serving. **Serves 4.**

Spicy Sausage & Peppers

Microwave Time: 17 minutes

Preparation Time: 9-12 minutes

2 lbs. hot Italian sausage, cut into 2-inch lengths

1 cup onion, cut in ½-inch chunks

- 1 green pepper, cut into 2-inch slices
- 1 red pepper, cut into 2-inch slices
- $\frac{1}{2}$ t. dried basil
- $\frac{1}{4}$ cup prepared marinara sauce
- $\frac{1}{2}$ t. salt

Place sausage in a 1-quart casserole and cover with paper towel. Cook on High 10 minutes, stirring each 3 minutes. Uncover, drain, and discard fat. Add remaining ingredients and stir to combine. Cover with plastic wrap and cook on High 7 minutes. Garnish with fresh parsley if desired. **Serves 4.**



Crab Stuffed Sole Ring

Microwave Time: 7- $\frac{1}{2}$ -9 $\frac{1}{2}$

Preparation Time: 15-20 minutes

3 T. butter or margarine, divided

1 cup sliced mushrooms

$\frac{1}{3}$ cup green onion, sliced

$\frac{1}{3}$ cup prepared bacon bits

1 6-oz. can crab meat, drained, rinsed & flaked

$\frac{1}{3}$ cup seasoned bread crumbs

2 t. lemon juice, divided

10 thin sole fillets (about 1 lbs.)

$\frac{1}{8}$ t. pepper

1 egg, slightly beaten

3 T. chopped fresh parsley, divided

Place 2 tablespoons butter, mushrooms and onions in 1-quart glass measuring cup. Cover with vented plastic wrap and cook on High 2 to 3 minutes, or until tender; stir once. Add bacon bits, crab meat, egg, bread crumbs, 2 tablespoons parsley and 1 teaspoon lemon juice; mix well. Place remaining 1 tablespoon butter in glass custard cup. Cook on High 30 to 45 seconds, or until melted. Stir in remaining 1 tablespoon parsley and remaining 1 teaspoon lemon juice.

Brush 5 $\frac{1}{2}$ to 6-cup microproof ring mold with butter mixture. Lay fillets crosswise, overlapping to line ring mold, and sprinkle with pepper. Spoon stuffing mixture evenly onto fish and fold ends over stuffing. Cover with vented plastic

wrap. Cook on High 5 to 6 minutes, or until fish flakes easily when fork tested; rotate ring mold $\frac{1}{4}$ turn halfway through cooking time. Let stand covered 2 minutes. Drain if necessary and unmold onto warm serving platter. **Serves 4.**

Creole Fish Fillets

Microwave Time: 11-13 minutes

Preparation Time: 10-15 minutes

- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped celery
- 1 large green pepper, chopped
- 1 clove garlic, minced
- $\frac{1}{4}$ t. salt
- $\frac{1}{8}$ t. ground red pepper
- 1 lb. whitefish fillets, cut $\frac{1}{2}$ -inch thick, cut into 4 serving-size pieces
- 1 8-oz. can tomato sauce
- 1 large tomato, peeled, seeded & chopped
- $\frac{1}{8}$ t. pepper

Place onion, celery, green pepper, garlic, salt and peppers in 8-inch square glass baking dish. Cover with vented plastic wrap and cook on High 5 minutes. Arrange fish pieces in dish with thickest portions to outside; overlap thin ends. Cook covered on High 4 minutes; rotate dish $\frac{1}{4}$ turn and cook on High 3 to 4 minutes or until fish flakes easily when fork tested. Drain liquid. Top with tomato sauce and tomato.

Cook covered on Medium (50%) 3 to 4 minutes, or until tomato topping is heated through. Let stand covered 2 minutes. **Serves 4.**

Haddock Fillets with Lemon Yogurt Dill Sauce

Microwave Time: 4-7-½ minutes

Preparation Time: 10-15 minutes

2 T. butter or margarine

1 lb. haddock fillets, cut into 4 serving-size pieces

¼ t. dried dill weed

Lemon Yogurt Dill Sauce (below)

Place butter in 8-inch square glass baking dish. Cook on High 30 to 45 seconds, or until melted. Coat fish pieces with melted butter in dish. Arrange fish pieces with thickest portions to outside; overlap thin ends. Sprinkle with dill weed. Cover with vented plastic wrap and cook on High 1 to 2 minutes; rotate dish ¼ turn. Cook on High 1 to 2 minutes more, or until fish flakes easily when fork tested. Let stand 2 minutes.

Lemon Yogurt Dill Sauce

1 6-oz. carton lemon yogurt

1 t. cornstarch

¼ t. dried dill weed

Salt & pepper to taste

Combine yogurt, cornstarch, dill weed, salt

and pepper in 2-cup glass measuring cup. Cook on High 1 1/2 minutes, or until slightly thickened; stir once.

Remove fish to serving platter. Serve with sauce. **Makes 4 servings.**

Savory Fish Fillets

Microwave Time: 12 minutes

Preparation Time: 8-10 minutes

1/4 cup butter or margarine

3 T. lemon juice

1/2 t. salt

Watercress sprigs (optional)

1/8 t. pepper

2 lbs. fresh fish fillets

1/2 cup crushed onion-flavored crackers

In 1-cup glass measuring cup, combine butter, lemon juice, salt and pepper and cook on High 1 to 2 minutes or until butter melts. Stir; pour all but 1/4 cup of mixture into 2-quart glass baking dish.

In baking dish, turn fillets on both sides to coat with butter mixture. Arrange in dish, placing thicker fillets toward edge of dish. Cover with plastic wrap and cook on High 8 minutes, rotating dish halfway through cooking time. Remove plastic wrap and drain.

Drizzle reserved butter mixture over fish and cook uncovered 2 minutes or until fish flakes

easily. Sprinkle crumbs over fish and tuck watercress sprigs around fish before serving. **Makes 4 to 6 servings.**

Perch au Gratin

Microwave Time: 8 minutes

Preparation Time: 8-12 minutes

1 1-lb pkg. frozen fillets of ocean perch

2 T. fine cracker crumbs

1 cup canned stewed tomatoes

2 T. chopped onion

$\frac{1}{4}$ t. salt

$\frac{1}{8}$ t. pepper

1 T. butter or margarine

$\frac{1}{4}$ cup shredded Cheddar cheese

Place unopened package of frozen fish in microwave oven and cook on High 2 minutes to partially defrost; turn package at least once.

Lightly grease 1-quart rectangular glass baking dish and sprinkle with crumbs; arrange fish fillets on crumbs. Combine tomatoes, onion, salt and pepper. Pour over fish. Dot fish with butter and cook on High 6 minutes, rotating dish $\frac{1}{2}$ turn after 4 minutes. Sprinkle with cheese. Cover loosely with plastic wrap and let stand 3 minutes before serving. **Serves 4.**

Fish Fillets with Shrimp Sauce

Microwave Time: 10 $\frac{1}{2}$ -14 $\frac{1}{2}$ minutes

Preparation Time: 10-15 minutes

1 lb. fish fillets, cut into serving pieces

$\frac{1}{2}$ t. salt

$\frac{1}{8}$ t. pepper

1 T. lemon juice

Arrange fish with thickest parts to outside edge in 12x7 $\frac{1}{2}$ x2-inch baking dish. Sprinkle with lemon juice, salt and pepper. Cover with plastic wrap and cook on High 3 minutes; rotate baking dish $\frac{1}{2}$ turn. Continue cooking until 2 to 4 minutes longer, or until fish flakes easily with fork. Remove fish to platter; keep warm. Prepare Shrimp Sauce and pour over fish. Garnish with cucumber slices or parsley. **Makes 5 or 6 servings.**



Shrimp Sauce

- 2 T. margarine or butter
- 1 T. all-purpose flour
- 1 cup milk
- 1 egg yolk, slightly beaten
- 1 4½-oz. can shrimp, rinsed & drained
- ⅓ cup finely chopped cucumber
- ⅛ t. chili powder
- Dash pepper

Place margarine in 4-cup glass measure and cook uncovered on High until melted, 15 to 30 seconds. Stir in flour and milk and cook, stirring every minute, until thickened, 2 to 3 minutes. Stir at least half the hot mixture into the egg yolk. Blend egg mixture into remaining hot mixture. Stir in remaining ingredients. Cook uncovered on Medium (50%) 2 minutes; stir. Cook until hot, 1 to 2 minutes longer. (From Betty Crocker's Microwave Cookbook.)

Chutney Stuffed Fish

Microwave Time: 6 minutes

Preparation Time: 10-15 minutes

- 2 cups oat bran cereal, any variety
- ¼ cup finely chopped onion
- ½ cup finely chopped celery
- 1 9-oz jar chutney, chopped divided
- 1 egg white
- 3 T. orange juice, divided

1½ lbs. thin fish fillets

In large bowl, combine oat bran cereal, onion, celery, ½ cup of the chutney, egg white and 2 tablespoons of the orange juice, set aside.

Cut fish lengthwise and place around sides of lightly greased or vegetable sprayed 6-oz. custard cups. Portion about ⅓ cup cereal stuffing in center of fish. Place custard cups in shallow microproof dish and cover with plastic wrap. Cook on High 3 minutes; rotate dish. Continue cooking on High 3 minutes; rotate dish. Continue cooking on High 3 minutes longer or until fish flakes easily with fork, and stuffing is hot. Serve with hot chutney sauce.

Serves 6.



Steamed Clams

Microwave Time: 9 minutes

Preparation Time: 15 minutes

1 quart steamer clams

Melted butter or margarine

Scrub clams with stiff brush to remove sand and grit. Discard all clams that are the least bit open. Place scrubbed clams in 2-quart glass casserole and add 2 tablespoons water. Cover with plastic wrap and cook on High for 8 minutes, or until clam shells are open and clams are cooked. Discard clams with closed shells.

Place butter in glass custard cup and cook on High 45 to 60 seconds, or until melted. Pour clam liquid into a second custard cup and serve both with clams as dip. **Serves 2**

Scallops Cacciadore

Microwave Time: 9 minutes

Preparation Time: 8-10 minutes

1 lb. bay scallops

1 medium onion, chopped

¼ cup dry white wine

1 medium green pepper, chopped

1 8-oz can tomato sauce

¼ cup salad oil

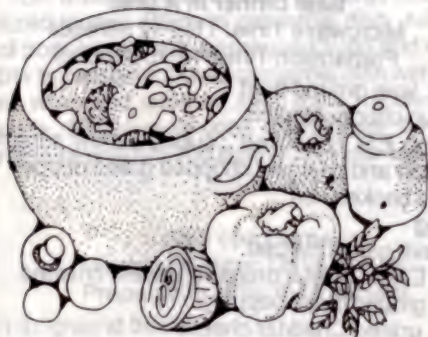
1¼ t. salt

⅓ t. pepper

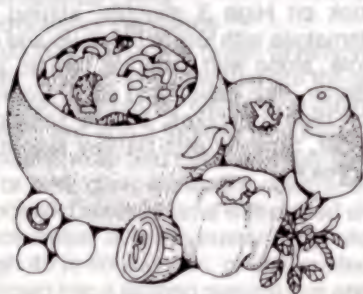
2 bay leaves

2 T. chopped parsley
1 1-lb can tomatoes, drained

In a 1- $\frac{1}{2}$ to 2-quart casserole, combine onion, green pepper and oil. Cover with plastic wrap and cook on High 3 minutes, stirring once. Mash tomatoes with fork to break up and add to casserole, along with scallops, tomato sauce, salt, pepper, bay leaves and wine. Cook, covered, on High 6 minutes, or until scallops are fork tender. Sprinkle with parsley before serving. **Serves 4.**



All-In-One Quickies



Beef Dinner In A Dish

Microwave Time: 11½-12 minutes

Preparation Time: 12-15 minutes

6 oz. lean ground beef

¼ cup chopped onion

½ cup EACH cooked*, cubed yellow summer squash and coarsely chopped green pepper

1 cup cooked rice**

1 egg

1 clove garlic, minced

½ t. EACH basil & oregano leaves, crushed

⅛ t. ground black pepper

¼ c. grated Cheddar cheese

Cook beef and onion in large covered dish on High for 3 minutes, or until meat is no longer

pink. Stir after 2 minutes. Pour off fat. Add remaining ingredients, then sprinkle on cheese. Cover. Cook on Medium-High (70%) for 6 minutes, or until heated through. Rotate dish $\frac{1}{4}$ turn after 3 minutes. *Can use defrosted frozen squash. **See rice cooking recipe. **Serves 2.**

Saucy Beans & Dogs

Microwave Time: 4 minutes

Preparation Time: 8 minutes

4 or 5 hot dogs

1 1-lb. can pork & beans

$\frac{1}{2}$ c. barbecue sauce

1 T. chopped onion

On a cutting board, slice hot dogs into bite-sized pieces. Place in casserole dish. Add can of pork and beans, barbeque sauce and onion. Stir to combine. Cover casserole dish with plastic wrap and cook on High for 3 minutes. Stir once. Continue to cook on High for 1 minute more or until hot and bubbly. **Serves 4 to 5.**

Chili con Carne

Microwave Time: 12-14 minutes

Preparation Time: 8-10 minutes

1 lb. ground beef

$\frac{1}{2}$ cup chopped onion

2 t. chili powder

- 1 t. salt
- 1 16-oz. can tomato sauce
- 1 1-lb. can kidney beans
- 1 clove garlic, minced

Crumble ground beef into a 2-quart casserole and add onion and garlic. Cook, uncovered, on High 4 minutes. Break up meat with fork and add remaining ingredients. Cover tightly with plastic wrap and cook on Medium-High (70%) 8 to 10 minutes. Stir halfway through cooking time, rotating casserole $\frac{1}{2}$ turn. **Serves 4.**

Coronado Casserole

Microwave Time: 17-18 minutes

Preparation Time: 10-12

- 1 cup chopped onions
- 1 4-oz. can chopped green chiles, drained
- 1 15-oz. can tomato sauce
- $\frac{1}{2}$ cup chicken broth
- $\frac{1}{2}$ t. EACH ground cumin and oregano
- 2 cups cooked chicken breast chunks
- 2 cups cooked rice*
- 1 cup sour cream
- 2 cups (8 oz.) shredded Cheddar cheese
- $1\frac{1}{2}$ cups crushed corn chips

Combine onions, chiles, cumin, oregano, tomato sauce, and broth in $1\frac{1}{2}$ -quart baking dish. Cover and cook on High 10 minutes. Stir after 5

minutes. Add chicken and stir. Set aside. Combine rice and sour cream in shallow greased 2½ quart baking dish. Sprinkle with 1 cup Cheddar cheese; pour chicken mixture over cheese. Top with remaining 1 cup cheese. Cook uncovered on High 5 minutes. Sprinkle with crushed corn chips. Let stand 5 minutes. *See cooking recipe. **Makes 4 to 5 servings.**

Chicken & Noodles

Microwave Time: 10-13 minutes

Preparation Time: 12 minutes

1½ cups narrow egg noodles, broken into pieces

2 to 3 cups cooked chicken or turkey, cut into pieces

1 cup chicken stock

½ cup milk

½ t. salt

⅛ t. pepper

1 cup shredded Cheddar cheese

¼ cup stuffed green olives, sliced

Combine noodles, chicken, chicken stock, milk, salt and pepper in a 2-quart casserole and stir lightly. Cover with plastic wrap and cook on High 8 to 10 minutes, stirring once, or until noodles are tender. Stir in cheese and olives and cook, covered, on Medium (50%) 2 to 3 minutes, or until cheese is melted. **Serves 4 to 6.**

Chicken Vegetable Bake

Microwave Time: 10-15 minutes

Preparation Time: 10-15 minutes

2 cups cooked chicken, cut in $\frac{1}{2}$ -inch strips

2 cups thinly sliced fresh vegetables*

3 T. French-style mustard

3 T. butter, melted

In shallow casserole, arrange sliced vegetables evenly over bottom. Arrange chicken over top of vegetables. In small bowl, mix mustard and butter; brush over chicken strips. Cover with plastic wrap and cook on Medium High 10-15 minutes or until chicken is hot and vegetables are tender-crisp. Halfway through cooking, rotate dish $\frac{1}{2}$ turn. Remove from oven, let stand, covered, 5 minutes. *Any combination of celery, carrots, zucchini, summer squash or tomatoes may be used. **Serves 4.**

One Pot Turkey Goulash

Microwave Time: 14-15 minutes

Preparation Time: 12-15 minutes

1-lb. netted boneless turkey roast

1 small onion, chopped

1 $\frac{1}{2}$ cups condensed beef broth

$\frac{1}{4}$ t. minced garlic

1 cup tomato sauce

1 T. paprika

$\frac{1}{2}$ t. caraway seeds

$\frac{1}{8}$ t. pepper

1 cup uncooked medium noodles

$\frac{1}{2}$ cup plain yogurt or sour cream

Cut turkey meat into $\frac{3}{4}$ -inch cubes. Put onion into a 2-quart round casserole. Cover with lid or plastic wrap. cook on High 2 to 3 minutes. Add meat, broth and garlic to onions; re-cover. Cook on High 5 minutes.

Add tomato sauce, paprika, caraway seeds and pepper; stir well. Stir uncooked noodles into casserole so that all noodles are below the surface of the liquid. Re-cover and cook on High 4 minutes. Stir; re-cover. Cook on High 5 to 6 minutes. Stir in yogurt or sour cream. Cover and let stand 5 minutes before serving.
Serves 2 or 3.

Potato Tuna Casserole

Microwave Time: 11 minutes

Preparation Time: 10-12 minutes

1 lb. (3 med.) potatoes, peeled & cut in $\frac{3}{4}$ -inch cubes

1 green onion, sliced

$\frac{1}{4}$ cup water

$\frac{1}{2}$ t. salt

$\frac{1}{8}$ t. pepper

1 10-oz. pkg. frozen peas, thawed

1 7-oz. can tuna, drained

1 10 $\frac{3}{4}$ oz. cream of mushroom soup, undiluted

Paprika

½ cup crushed potato chips

Combine first five ingredients in 2-quart casserole. Cover with plastic wrap. Cook on High 3 minutes; remove. Stir, cover and cook 3 minutes more. Layer peas and tuna on potatoes. Sprinkle with lemon juice. Spoon soup over tuna layer and dust with paprika. Re-cover; cook 5 minutes. Let stand 5 minutes. Sprinkle crushed chips on top before serving. **Serves 4.**

Creamy Ham & Potato Casserole

Microwave Time: 8-10 minutes

Preparation Time: 15-18 minutes

1 large can potatoes, drained & diced (about 2 cups)

2 cups cubed cooked ham

½ cup half and half cream

2 T. chopped pimento

1 t. dry mustard

Dash cayenne pepper

1 cup grated Cheddar cheese

Combine all ingredients in 1½-quart casserole and cover with plastic wrap. Cook on Medium (50%) 8 to 10 minutes or until cheese just begins to melt. Stir every 2 to 3 minutes. Let stand 5 minutes before serving. **Serves 4 to 6.**

Ham & Fruit Kabobs

Microwave Time: 4-6 minutes

Preparation Time: 15-20 minutes

1 cup apricot preserves

½ t. ginger

½ cup orange juice

2 bananas, cut into 1-inch slices

1 T. lemon juice

1 lb. cooked ham, cut into 1-inch cubes

1 cup pineapple chunks

1 cup mandarin orange sections

Combine preserves, orange juice, lemon juice and ginger. Set aside. Alternate ham, banana, orange sections and pineapple on 8 wooden skewers. Place horizontally in a baking dish and brush with sauce. Cook on High 4 to 6 minutes or until ham is heated through. Turn and baste with sauce twice during cooking.

Serves 4 to 6.

Pork Oriental & Vegetables

Microwave Time: 4-5½ minutes

Preparation Time: 22 minutes

½ lb. boneless pork shoulder, cut in ¼x½/2x2-inch strips

1 sm. onion, cut into thin lengthwise strips

2 T. dark soy sauce

1 t. sherry or water

1 t. cornstarch

¼ t. ground ginger

Dash black pepper

6 oz. fresh Chinese pea pods with strings removed

1 med. carrot, shredded

6 med. mushrooms, thinly sliced

1 T. water

Hot cooked rice*

Combine pork strips, onion, soy sauce, sherry, cornstarch, ginger and pepper in 2-quart casserole. Marinate 10 minutes at room temperature. Cover pork and onion mixture with plastic wrap and cook on high $2\frac{1}{2}$ to $3\frac{1}{2}$ minutes or until just done, stirring well after each 1 minute.

Stir in fresh snow peas, carrot, mushrooms and water. Cover with plastic wrap and cook on High $1\frac{1}{2}$ to 2 minutes, stirring after each 1 minute, until snow peas are barely cooked. (Vegetables should be tender-crisp.) Serve over rice. (*See cooking/recipe) **Serves 2.**

Pepperoni Mushroom Pizza

Microwave Time: $11\frac{1}{2}$ -12 minutes

Preparation Time: 10-15 minutes

1- $\frac{1}{2}$ cups cooked rice*

1 egg, beaten

$\frac{1}{2}$ cup (2 oz.) shredded Cheddar cheese

$\frac{1}{2}$ to $\frac{3}{4}$ cup tomato sauce

$\frac{1}{4}$ t. EACH basil leaves, garlic powder & ground oregano

- 1 T. grated Parmesan cheese
- 1 cup shredded mozzarella cheese, divided
- 2 oz. pepperoni, thinly sliced
- ½ cup sliced fresh mushrooms
- 1 T. snipped fresh parsley

Combine rice, egg, and Cheddar cheese. Press into buttered 12-inch microproof pizza pan or 10-inch pie pan. Cook uncovered powder, and oregano. Spread over rice crust. Sprinkle with Parmesan cheese. Layer ½ cup mozzarella cheese, pepperoni, and mushrooms. Top with remaining ½-cup mozzarella cheese and parsley. Cook uncovered on Medium 7 minutes. Let stand 5 minutes. *See rice cooking directions. **Serves 4.**

Red Beans & Rice

Microwave Time: 10-12 minutes

Preparation Time: 12-16 minutes

- 1 cup chopped onions
- 1 clove garlic, minced
- 1 bay leaf
- ⅛ t. cayenne pepper
- 1 cup tomato sauce
- ½ t. Worcestershire sauce
- ⅛ t. hot pepper sauce
- ½ lb. fully-cooked Kielbasa sausage, cut in ¼-inch slices
- 1 15-oz. can pinto beans,* drained

2 cups hot cooked rice**

Combine onions, garlic, bay leaf, cayenne pepper, tomato sauce, Worcestershire, and hot pepper sauce in 2-quart baking dish. Cover and cook on High 4 minutes. Add sausage and beans; stir. Reduce setting to Medium (50%) and cook, covered, 6 to 8 minutes, stirring half-way through cooking time. Let stand 5 minutes. Remove bay leaf. Serve over hot rice. Serve with hot pepper sauce. *Substitute any type bean. **See rice cooking directions. **Makes 3 to 4 servings.**

Hasty Hash Brown Frittata

Microwave Time: 7-9 minutes

Preparation Time: 10-15 minutes

2 cups frozen Southern-style hash brown potatoes

½ cup sliced fresh mushrooms

¼ cup chopped sweet red pepper

¼ cup chopped green onions with tops

4 eggs

¼ cup milk

½ t. garlic salt

¼ cup Monterey Jack cheese

Mushroom slices

Red pepper strips

Green onions

In lightly greased 9-inch pie plate, place potatoes, mushrooms, pepper and onions. Cover

with plastic wrap and cook on High 4 to 5 minutes until pepper is crisp-tender. Mix eggs, milk and garlic salt until blended and stir into vegetables. Cook on High 2 minutes. With pancake turner, lift cooked edges and move to center. Continue cooking on High 1 to 2 minutes; just until set but still moist. Sprinkle with cheese, cover, and let stand 1 minute to complete cooking. Garnish with mushroom slices, pepper strips and green onions. **Serves 2.**

Clam Chowder

Microwave Time: 15 minutes

Preparation Time: 11-13 minutes

2 slices bacon

1 7-oz. can minced clams, with liquid

1 large potato, cubed

¼ cup onion, minced

1 13-oz. can evaporated milk

1 T. butter

Salt and pepper to taste

Place bacon slices in a 2-quart casserole and cover with paper towel. Cook on High 3 minutes, or until bacon is crisp. Remove paper towel and bacon, leaving drippings in casserole. Crumble bacon into bits and reserve. Add clams, clam liquid, potato, onion, and ½ cup water to casserole. Cover with plastic wrap and cook on High 9 minutes, or until potatoes are tender.

Add milk, crumbled bacon, salt and pepper to taste, and butter. Re-cover and cook on High 3 minutes more, or just until mixture comes to a boil. Let stand 2 minutes. **Makes 3 to 4 servings.**

Speedy Sunshine Sloops

Microwave Time: 8½-9½ minutes

Preparation Time: 10-15 minutes

1 1-lb acorn squash

2 T. minced green onions with tops

4 eggs

¼ cup dairy sour cream

¼ t. dill weed

2 T. shredded Swiss or Gruyere cheese

Prick squash 3 to 4 times with fork. Cook on High 2½ minutes. Turn over and cook on High 2 to 3 minutes until tender. Cut in half and scoop out seeds. With a fork, scrape squash flesh to fluff. Stir 1 tablespoon of onion into each half. With fluffed squash, build collars extending ¼-inch above rim of squash shells.

Break and slip 2 eggs into each half. Gently prick yolks with tip of knife or wooden pick. Sprinkle eggs in each half with 1 tablespoon of the cheese. Cook on High 4 to 5 minutes or until eggs are almost set. Thoroughly blend sour cream and dill weed. Spoon 2 tablespoons of the sour cream mixture over each squash half.

Serves 2.

Rapid-Fire Strata Italiano

Microwave Time: 5 minutes

Preparation Time: 12-15 minutes

1 T. butter or margarine

¼ cup green onions with tops, minced

¼ t. Italian seasoning, crushed

¼ t. salt

½ cup milk

4 eggs

1½ cups unseasoned stuffing cubes

½ cup mozzarella cheese, shredded

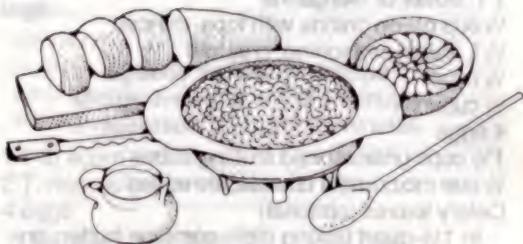
Celery leaves (optional)

In 1½-quart baking dish, combine butter, onion, garlic, and seasonings. Cook on High until butter is melted, about 1 minute. Add milk and eggs and blend thoroughly. Stir in stuffing cubes and cheese. Cook on High 3 minutes. Stir. Continue cooking on High until set, about 1 minute. Let stand 2 to 3 minutes to complete cooking. Garnish with celery leaves, if desired.

Serves 2.



Savory Veggie Side Dishes



Rice Olé

Microwave Time: 12½-13 minutes

Preparation Time: 8-10 minutes

1 cup EACH chopped onions & green peppers

½ cup finely chopped celery

1 T. butter or margarine

1 t. EACH chili powder & garlic salt

1 14½ oz. can peeled whole tomatoes, chopped

2 cups cooked rice*

Combine onion, peppers, celery, and butter in a 2½-quart baking dish. Cover and cook on High 6 minutes. Add seasonings, tomatoes, and rice; stir. Cover and cook on High 4 minutes. Let stand 5 minutes. *See rice cooking directions. **Makes 4 to 5 servings.**

Garlic Rice with Pine Nuts

Microwave Time: 7½-8½ minutes

Preparation Time: 10-15 minutes

1 small green pepper, cut in strips

1 small red pepper, cut in strips

¼ cup pine nuts or slivered almonds

1 clove garlic, minced

1 T. margarine, melted

1½ cups cooked rice* (cooked in fat-free chicken broth)

2 T. snipped fresh parsley

Combined peppers, pine nuts, garlic, and margarine in shallow 2-quart baking dish. Cover and cook on High 4 to 5 minutes; stir after 2 minutes. Stir in remaining ingredients; cook on High 1 minute or until thoroughly heated. *See rice cooking directions. **Serves 4.**

Quickie Macaroni & Cheese

Microwave Time: 14-17 minutes

Preparation Time: 12 minutes

1 7-oz. package macaroni

1 lb. block pasturized process cheese spread

1 5½ oz. can evaporated milk

Place macaroni and 3 cups of water in a 2-quart casserole dish. Cook on High 8 to 10 minutes or until slightly tender. Drain and set aside. Cut cheese into cubes. Put cheese, macaroni and milk into the casserole dish and stir to com-

bine. Cook on High 3 minutes; stir; cook on High 3 to 4 minutes more until cheese is hot and bubbly. If desired, garnish with paprika or parsley. **Serves 6.**

Easy Scalloped Potatoes

Microwave Time: 10 minutes

Preparation Time: 15-20 minutes

1 lb. (3 med.) potatoes, peeled and cut in 1/4-inch slices

1/2 t. salt

3/4 t. Italian herb seasoning

1/8 t. pepper

2 T. butter

1/2 cup water

1/2 t. instant beef flavored bouillon (optional)

Topping: 1/2 cup grated Cheddar cheese

2 T. grated Parmesan cheese

1/4 t. paprika

Combine all ingredients (except topping) and place into 8-inch round glass baking dish. Cover with plastic wrap. Cook on High 4 minutes; remove. Stir, re-cover, and cook on High 4 minutes more. Combine topping ingredients and sprinkle over potatoes. Cook uncovered 2 minutes. Let stand 5 minutes. **Makes 6 servings.**

Broccoli Spears with Crumb Topping

Microwave Time: 7 1/2-8 1/2 minutes

Preparation Time: 8-10 minutes

- 1 T. butter or margarine
- ¼ cup buttery cracker crumbs
- 1 T. grated Parmesan cheese
- 1 lb. fresh broccoli spears
- 1 T. water

Place butter in a 1-cup glass measuring cup. Cook on High 30 to 45 seconds, or until melted. Stir in crumbs and cheese; set aside. Place broccoli spears with stems to outside in 8-inch square glass baking dish; add water. Cover with plastic wrap, leaving corner open to vent. Cook on High 5 minutes; drain. Sprinkle reserved crumb mixture over top and cook on High 2 to 2½ minutes, or until crisp-tender. Let stand uncovered 2 minutes. **Makes 4 servings.**

Bacon Cheese Grits

Microwave Time: 7½-9 minutes

Preparation Time: 15 minutes

- 1¾ cups hot tap water
- ½ cup Quaker Quick Grits
- ⅛ t. salt
- 1 cup shredded Cheddar cheese
- 4 slices crisply cooked bacon, crumbled*

Place water in 1-½-quart casserole. Cover and cook on High 2 to 3 minutes, or until water boils. Slowly stir in grits 1 minute. Stir in cheese. Cover; let stand 5 minutes. Sprinkle

with bacon; serve immediately. ***Tip:** To cook bacon in microwave oven, place slices on microwave bacon tray. Cover with paper towel; cook on High 45 to 60 seconds for EACH slice. **Makes four ½-cup servings.**



Swiss Vegetable Medley

Microwave Time: 9 minutes

Preparation Time: 8-10 minutes

1 16-oz. bag frozen carrots, cauliflower and broccoli combination, thawed and drained

1 10¾ oz. can condensed cream of mushroom soup

⅓ cup sour cream

¼ t. black pepper

1 4-oz. jar chopped pimiento, drained

1 2.8-oz. can Durkee French Fried Onions

1 cup shredded Swiss cheese

Combine vegetables, soup, ½ cup cheese, sour cream, pepper, pimiento and ½ can onions. Pour into 1-quart casserole. Cover with plastic wrap and cook on High 8 minutes; stir after 4 minutes. Top with remaining cheese and onions and cook, uncovered, on High 1 minute or until cheese is hot and bubbly. **Makes 6 servings.**

Easy Bean Casserole

Microwave Time: 10-13 minutes

Preparation Time: 10-15 minutes

4 slices bacon, cut into

1-inch pieces

1 med. onion, finely chopped

¼ cup chili sauce

2 T. firmly-packed brown sugar

1 16-oz. can pork & beans

Place bacon in 1- $\frac{1}{2}$ -quart casserole; cover with plastic wrap. Cook on High 4 to 5 minutes or until bacon is crisp. Remove bacon with slotted spoon to paper towel. Add onion to drippings. Cook on High 2 to 3 minutes or until onion is tender; drain. Add remaining ingredients; cover. Cook on High 4 to 5 minutes or until heated through, stirring after 3 minutes. Sprinkle with reserved bacon. **Makes five $\frac{1}{2}$ -cup servings.**



Stuffed Eggplant Italiano

Microwave Time: 9-11 minutes

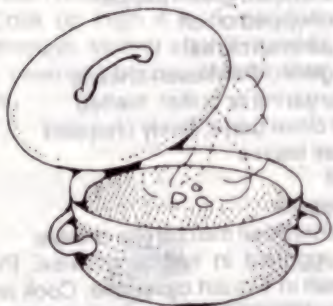
Preparation Time: 18 minutes

- 1 medium eggplant (about 1 lb.)
- 1 cup sliced fresh mushrooms
- ½ cup chopped green pepper
- ¼ cup chopped onion
- ⅓ cup all-bran cereal
- ¼ cup grated Parmesan cheese
- 2 T. margarine or butter, melted
- 1 small clove garlic, finely chopped
- ½ t. basil leaves
- ½ t. salt
- Dash pepper
- ⅓ cup shredded mozzarella cheese

Cut eggplant in half lengthwise. Place cut side down in 1-quart casserole. Cook on High 4 to 5 minutes or until almost tender. Cool slightly. Scoop out pulp, leaving 3/8-inch shell. Chop pulp coarsely. Combine with mushrooms, green pepper, onion, cereal, Parmesan cheese, margarine, garlic, basil leaves, salt and pepper. Fill eggplant shells.

Place in casserole and cover with plastic wrap. Cook on High 4 to 5 minutes or until vegetable filling is tender, rotating dish ½ turn after 2 minutes. Sprinkle with mozzarella cheese. Cook uncovered on High 1 minute or until cheese melts. Cut each half into 2 pieces to serve. **Serves 4.**

Basic Recipes & Cooking Tips



Quick 'N Easy Rice

Microwave Time: 2½-3 minutes

Preparation Time: 3-4 minutes

1 cup Instant or Quick-cooking rice

1 cup water

1 t. salt

1 T. butter or margarine

Combine rice, water, salt and butter in a 1-quart casserole. Cover tightly with plastic wrap and cook on High 2½ to 3 minutes. Fluff with fork. **Makes 2 cups.**

TIP: Cooked rice will keep in refrigerator up to seven days if properly covered. It can be reheated in microwave by covering and cooking 1 minute on High for each cup. Frozen rice may be cooked 2 minutes on High for each cup. Always fluff with fork after cooking.

Baked Potatoes

Microwave Time:

1 medium potato: 4½-6 minutes

2 medium potatoes: 7-9 minutes

4 medium potatoes: 7-9 minutes

Preparation Time: 3-6 minutes

Select baking potatoes of uniform size, scrub, and cut thin slice from end of each potato. Prick surface of each potato with fork. Place potatoes on paper towels in oven about 1 inch apart and cook on High for amount of time given above. Turn potatoes over and rearrange after half of cooking time. **TIP:** To keep potatoes warm after removing from oven, wrap in aluminum foil.

Boiled Potatoes

Microwave Time: 12-16 minutes

Preparation Time: 8-10 minutes

Peel four medium potatoes and cut in equal quarters for uniform cooking. Place in 1-1½-quart casserole and cover with water. Cover with plastic wrap and cook on High 12 to 16

minutes, or until potatoes are fork tender, rotating dish $\frac{1}{2}$ turn halfway through cooking time.

Serves 4.



Sweet Potatoes

Microwave Time:

1 potato: 4-6 minutes

2 potatoes: 6-8 minutes

3 potatoes: 8-12 minutes

4 potatoes: 12-16 minutes

Preparation Time: 2-6 minutes

Select sweet potatoes approximately the same size for uniform cooking. Scrub and prick surface of each potato with fork. Place on Paper towels in oven about 1 inch apart and cook on High for time given above. Turn potatoes over and rearrange after half of cooking time.

Tip: Sweet potatoes may still feel firm when done. Let stand 5 minutes to soften.

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